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PRESIDENT OBAMA SWORN IN TO HIS SECOND TERM, WITH A BIG BASH TO FOLLOW ON MONDAY PAGE 6

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Monday, January 21, 2013
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Vancouver serves up some Grits

Debate. Federal leadership hopefuls keep things civil before hundreds of supporters

EMILY JACKSON
emily.jackson@metronews.ca

The gloves remained on at the Liberal leadership debate Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and occasionally the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as they politely debated electoral reform, aboriginal issues, housing and the environment in front of more than 900 supporters at a Vancouver hotel.

MP Justin Trudeau, the perceived frontrunner, even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without one-time co-operation with the NDP.

Murray, the only West Coast candidate, was the sole contender to support running either a Liberal or NDP candidate in ridings where they could split the vote, such as Calgary Centre.

"Canada is too important to let Stephen Harper win the election in 2015," she said.

Yet Karen McCrimmon, a retired Canadian Forces lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted former MP Martha Hall Findlay and lawyer Deborah Coyne to say they would repeal the Indian Act, while former Quebecois MP Martin Cauchon and Marc Garneau, Canada's first astronaut, promised engagement and dialogue with First Nations.

Ontario lawyer David Bertschi jokingly took Garneau to task for touting his time in space, noting he had his own "feet firmly planted on the ground" regarding the environment. Technology lawyer George Takach promoted innovative technology to help the environment.

Both Garneau and Hall Findlay defined themselves as frontrunners.

A recent poll suggested Liberal support in B.C. would skyrocket to 32 per cent from 11 per cent should Trudeau take the helm.

Trudeau spoke of the challenges the Liberal party faces and his plan to engage a "new generation" in politics.

Four more debates will be held before the party chooses a leader on April 14.

The first of five Liberal leadership debates took place in Vancouver on Sunday. PHYLICIA TORREVILLAS/METRO

Your belly will thank you

Enjoy tender and crisp oven-baked potato wedges that cut the fat PAGE 13

Coming attraction

Put out the casting calls: J.J. Abrams is reportedly set to produce a Lance Armstrong biopic PAGE 11

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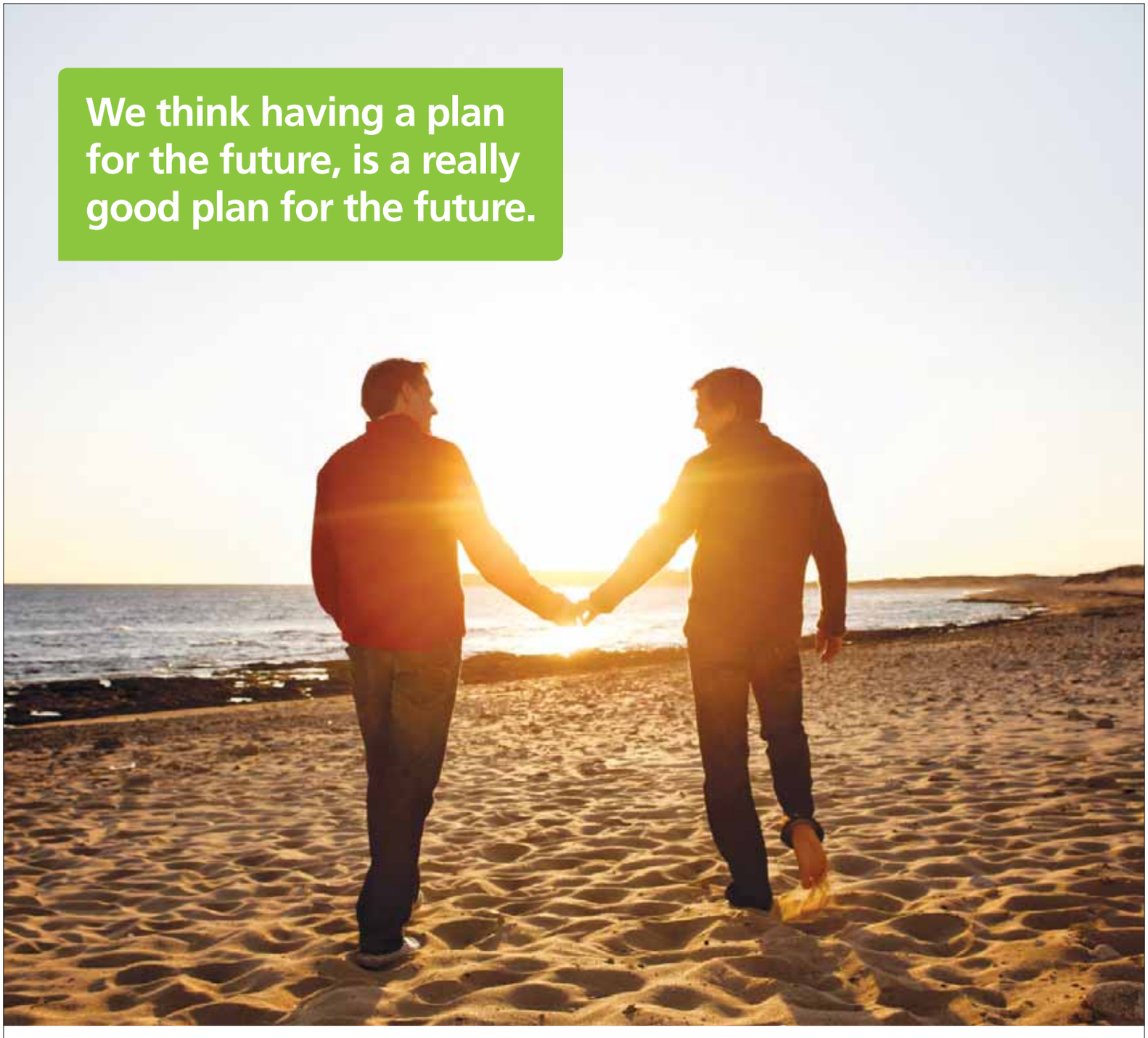

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Surrey man arrested

Two cop cars rammed during Maple Ridge chase

A 31-year-old Surrey man is in police custody after a driver rammed two stolen cars into two police cruisers late on Saturday.

Ridge Meadows RCMP said officers found a stolen van on Eagle Avenue just before midnight. An officer in an unmarked police car followed the driver onto Cherrywood Drive when the man suddenly reversed and smashed into the cruiser. The suspect fled the vehicle, then allegedly stole a second van.

As he was driving away, police say he crashed into a second cop car, causing the stolen van to flip onto its side.

The accused suffered minor injuries and was treated in hospital. He is expected to appear in court on Monday.

PHYLICIA TORREVILLAS/METRO

Award-winning artist

Local filmmaker to unveil doc at Sundance

One of Canada's top documentary filmmakers will premiere her latest production at the Sundance Film Festival on Monday.

Cari Green, an MFA student in UBC's film-production program and a faculty member at Vancouver Film School, is the executive producer of When I Walk.

The film is about director Jason DaSilva's struggles with multiple sclerosis.

Green's best-known work, The Corporation, a documentary about corporate wrongdoing, won the World Cinema Audience Award for best documentary in 2004.

LIAM BRITTEN/METRO

An artist's rendering shows the proposed $100-million South Surrey casino, which was axed by city council on the weekend. CONTRIBUTED

Surrey council votes casi-NO

Residents fight to block development.
Surrey council rejects controversial casino resort

EMILY JACKSON
emily.jackson@metronews.ca

A gamble to build a $100-million casino and entertainment complex in South Surrey didn't pay off for developers, despite support from the B.C. Lottery Corporation and the promise of $3 million in annual tax revenue.

Surrey city council rejected the controversial proposal in a 5-to-4 vote after a marathon public hearing on Friday night in which naysayers, worried the casino would bring crime and traffic, ultimately held more sway than proponents excited about new jobs and the entertainment facilities.

BCLC reacted with a statement that it will not "pursue further opportunities" in Surrey because of the decision about what it called a "modestly-sized casino."

Mayor Dianne Watts cast the deciding ballot early on Saturday morning after more than 180 people spoke at a hearing that started on Monday and reconvened on Friday.

Watts said she was initially in favour of the development, which would have brought much-needed revenue to the city, but changed her mind during the consultation process due to the significant pushback.

"For me, it was certainly a very difficult decision, without a doubt," Watts said.

The Gateway Casinos & Entertainment Ltd. project would have included a hotel and conference centre on property the private corporation bought in 2012.

"We built a proposal that we feel all residents of Surrey could be proud of, and that would benefit the community long into the future," a Gateway spokesperson wrote on Facebook, adding the company is "extremely disappointed."

But council's decision was praised by thousands who opposed the project in B.C.'s fastest-growing city, including students, farmers and nearby residents.

"Residents showed Mayor Watts and city council the reality of casino gambling and its impact on the community, and we showed them through our many petitions, surveys, letters and emails that 95 per cent of Surrey residents did not want this casino," the No Casino Surrey group said on its website.

Vancouver city council rejected a casino project in 2011.

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Coast Guard. B.C. leaders fight to keep base open

Leaders of British Columbia's political parties are calling on the federal government to reverse course on its decision to close the Kitsilano Coast Guard base in Vancouver.

About 100 showed up Saturday at the Jericho Sailing Centre, where NDP Leader Adrian Dix urged them to keep the campaign going.

Conservative Leader John Cummins also spoke against Ottawa's slated closure of the base this spring.

Event organizer Dave Clark with the Union of Canadian Transportation Employees says there's still time for the federal government to rethink things.

Premier Christy Clark said Friday that Vancouver will be left with a dangerous drop in service for eight months of the year. THE CANADIAN PRESS

The issue

- **Substitute.** Earlier this month, the federal government announced a three-person inshore rescue team will set up in Stanley Park to offer 24-hour service during the peak boating season.

B.C. Place Stadium

Auditor general to probe cost of reno

The NDP says B.C.'s auditor general will examine the half billion-dollar cost of renovating B.C. Place Stadium in Vancouver.

Tourism critic Spencer Chandra-Herbert says while the government claims the price was under budget, the 2008 estimate was just $100 million. THE CANADIAN PRESS

Richmond

Banquet shooting brings charges

Charges have been laid in a shooting at a banquet hall in Richmond where four people were wounded.

Sukhdeep Singh Sandhu, 26, of Surrey is accused of three counts of attempted murder and one of aggravated assault in Wednesday night's incident. THE CANADIAN PRESS

Vancouverite stands ready as Canada's chef champion

Alex Chen prepares a practice dish at the Railway Café in Vancouver on Sunday. LIAM BRITTEN/FOR METRO

Bocuse d'Or. Alex Chen hopes to make gold this year in European-dominated competition

LIAM BRITTEN
vancouver@metronews.ca

The prestigious Bocuse d'Or cooking competition in Lyons, France, is just over a week away.

But Alex Chen, the chef representing Canada this year, has been thinking about it his entire career.

"It means the world to me," he said at an event Sunday at the Railway Café in Vancouver. "The opportunity to represent your country is once in a lifetime. Not many people get to do that."

Inspiration, dedication

"It means the world to me. The opportunity to represent your country is once in a lifetime."

Alex Chen on the Bocuse d'Or competition

The top chefs of 24 countries will be at the Bocuse d'Or, and that fact is not lost on him. Chen, his assistant Jack Beers and his coach Dan Olson will be up doing everything they can to win a competition dominated by European chefs.

Chen is determined to make this Canada's year for gold. The best placing for a Canadian was fourth-place in 1999.

That was the year Chen graduated from culinary school. Since then, he has mostly been working in top North American hotels: the Four Seasons Toronto, Four Seasons Chicago and from 2006-2012 he was the executive chef of the Beverly Hills Hotel in Hollywood.

In May of 2012 he was hired as the "Culinary Architect" of Moxie's Grill & Bar.

The Moxie's gig wasn't the only reason he came back to Canada. Practice for the Bocuse d'Or was a priority as well.

"I had to make a choice. (This) is bigger than a job. You are representing your country," he said. "That's why I decided to pack up and come home."

‘Numerous’ bodies found during search of gas plant

Algeria kidnapping. Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found “numerous” new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation’s sensitivity, said the bodies were badly disfigured and difficult to identify.

“The bodies could be either Algerian or foreign hostages,” he said.

Algerian special forces stormed the natural-gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier on Sunday, Algeria’s chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials said Buttaccio’s remains were recovered on Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway’s Statoil, said the entire refinery had been mined.

“They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages,’’ said Communications Minister Mohamed Said, speaking in a state radio interview.

The U.S. has warned that there are credible threats of more kidnapping attempts on Westerners in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final operation, but the number of hostages reported killed on Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

The terrorist attack on an Algerian natural-gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida’s branch in Algeria retreated into a Sahara no-man’s land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya’s 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa. THE ASSOCIATED PRESS

Forehead cut

Barbara Walters in hospital after fall

Veteran ABC newswoman Barbara Walters has fallen at an inauguration party at an ambassador’s home in Washington and been hospitalized.

Walters, 83, fell Saturday night on a step at the residence of Britain’s ambassador to the United States, Peter Westmacott, ABC News spokesman Jeffrey Schneider said. The fall left Walters with a cut on her forehead, he said.

THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

A teenage boy fatally shot two adults and three children inside a New Mexico home, authorities said on Sunday.

The boy, who police believe to be about 15 years old, was arrested and faces murder and other charges in connection with the shootings Saturday night, Bernalillo County sheriff’s spokesman Aaron Williamson said. THE ASSOCIATED PRESS

Obama sworn in to second term

U.S. President Barack Obama is officially sworn in on Sunday by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington. LARRY DOWNING/THE ASSOCIATED PRESS

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country’s deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president’s term were put off to Monday, which coincides this year with the birthday celebration of civil-rights leader Martin Luther King, Jr.

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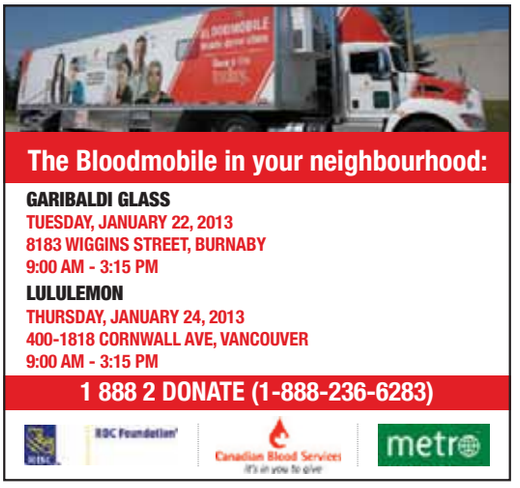

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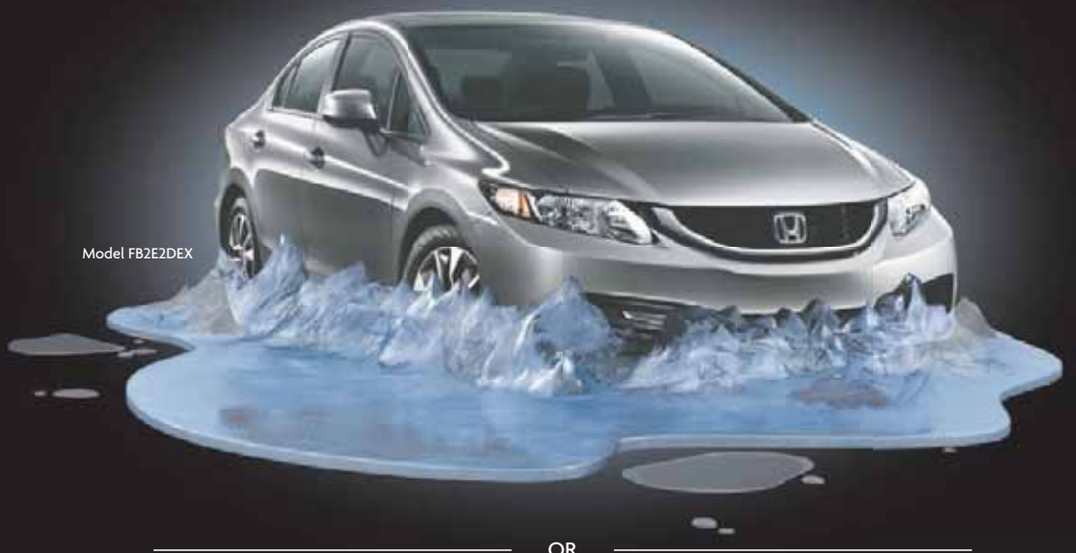

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Celebs flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

A Canadian social-media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk. "It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney and her half-sisters Kendall and Kylie Jenner. They all are among the most viewed and followed users on Keek, which means "a peek or glance," according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's show in New York City, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online. She posted her response to Keek, in which she appears in her underwear and high heels. THE CANADIAN PRESS

Quick! To the $4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for $4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

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Canada's not ready to handle used CFLs, report discovers

Canada's mercury-waste facilities are either patchwork or non-existent as millions of light bulbs containing the highly toxic chemical are set to flood the marketplace.

That's a key finding of a report commissioned by Environment Canada in the run-up to a major change in the way Canadians light their homes.

Beginning next January, a new regulation will effectively ban the sale of standard incandescent bulbs in favour of energy-efficient versions, most of which contain mercury.

So-called compact fluorescent lamps, or CFLs, will also enter the waste stream as they break or burn out, many destined for landfills where their harmful mercury can get into the water.

Environment Canada says the mercury contained in a typical thermometer can contaminate five Olympic-size swimming pools to toxic levels.

Ironically, the ban on incandescents is partly designed to reduce mercury in the environment because old-style light bulbs are inefficient and require more electricity from the burning of coal and other fossil fuels that can emit mercury into the air.

"Currently municipalities do not store mercury — most of it ends up in (a) landfill," says a report commissioned from Summerhill Impact, an environmental firm in Toronto. THE CANADIAN PRESS

Bulb ban

- As of Jan. 1 next year, 75- and 100-watt incandescent bulbs will be effectively eliminated from store shelves, with 40- and 60-watt versions to follow Dec. 31.

Use of CFLs will skyrocket as a ban on incandescent bulbs takes effect next January. But CFLs contain mercury, and a new report says there aren't enough facilities in place to keep them out of landfills. ADRIAN WYLD/THE CANADIAN PRESS

Scott Base, Antarctica

Distiller recreates lost whisky recipe from polar stash

Talk about whisky on ice: Three bottles of rare, 19th-century Scotch found beneath the floor boards of Antarctic explorer Ernest Shackleton's abandoned expedition base were returned to the polar continent Saturday after a distiller flew them to Scotland to recreate the long-lost recipe.

But not even New Zealand Prime Minister John Key, who personally returned the stash, got a taste of the contents of the bottles of Mackinlay's whisky, which were rediscovered 102 years after the explorer was forced to leave them behind.

The recipe for the whisky had been lost. But distiller Whyte & Mackay, which now owns the Mackinlay brand, re-created a limited edition of 50,000 bottles from a sample drawn with a syringe through a cork of one of the bottles. THE ASSOCIATED PRESS

FIGHT FOR THE WALDORF A LOSING BATTLE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

I'm trying my best to take the movement to save the Waldorf Hotel seriously.

Who knows? Maybe it's true. Maybe if we save the tiki bar, we save the world, but really?

This is Vancouver, folks. Despite the anguish of a few hipsters, there will still be lots to do on any given Saturday night, even without the Waldorf.

Let's get a grip. There are nearly 5,000 restaurants and bars in Metro Vancouver and new ones are opening at the rate of 1,000 every five years. There's a coffee shop every three metres, and if you want "arts and culture," there's everything from the guy on the corner with the violin and the golden retriever to Oprah, who's in town this week, although without Lance Armstrong.

There are millions of things to do, so why should we save the Waldorf if in fact the Waldorf can't save itself? And that, despite all the picturesque protest, is the bottom line. For the current managers to keep it going, they need to be subsidized.

That is, you and I, represented by the public treasury, will need to give them money.

Be the change

Things change. Sometimes we like the change. Sometimes we don't. But here's an idea. As Gandhi once said: "Be the change."

Don't get me wrong. I think the Waldorf is a fun enterprise. But it's not working, for some reason. Either there aren't enough hipsters making the scene or management hasn't got a good business plan or whatever.

City hall has imposed a four-month moratorium on any attempt to demolish the building and city manager Penny Ballem is working feverishly behind the scenes to pull a hipster rabbit out of a hat. But as I write, as the pale light of Monday dawns, the tiki bar stands deserted.

The Waldorf is not the first survivor of the '50s to go down in recent times. The Ridge bowling alley and theatre, arguably as significant to its own community on the West side as the Waldorf is on the East, is going down, and no amount of grassroots protest is going to save it. It's just done. Not sure why we should save the Waldorf and not the Ridge. Because the protesters wear cool scarves and pork-pie hats?

Here's where I insert my own pet peeve. One of the best bookstores on the planet, Duthie's, used to anchor the corner of Howe and Robson. It was a treasure trove of arts and culture, not to mention science, philosophy, religion and cooking. It died and nobody staged a protest. In fact, books are dying and nobody's staging a protest.

Things change. Sometimes we like the change. Sometimes we don't. But here's an idea. As Gandhi once said: "Be the change." If you want a tiki bar, start your own. If you build it, the hipsters will come.

Or maybe not.

Ice jump gets frosty reception

EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kyiv, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day.

THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. METRO

Online

Watch the video at metronews.ca.

Alzheimer's disease

Brain pacemakers being tested

It has the makings of a science fiction movie: Zap someone's brain with mild jolts of electricity to try to stave off the creeping memory loss of Alzheimer's disease.

And it's not easy. Holes are drilled into the patient's skull so tiny wires can be implanted into just the right spot.

A dramatic shift is beginning in the disappointing struggle to find something to slow the damage of this epidemic: The first U.S. experiments with "brain pacemakers" for Alzheimer's are getting under way. Scientists are looking beyond drugs to implants in the hunt for much-needed new treatments.

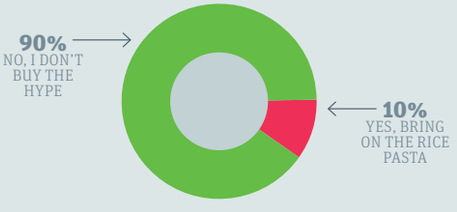
The research is in its infancy. Only a few dozen people with early stage Alzheimer's will be implanted in a handful of hospitals. No one knows if it might work or how long the effects might last.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?



Twitter

@lesliechurch: Whomever you support, a very impressive range of accomplished Cdns running for #lpcldr. Love @CBCPolitics quick facts on each.

@kady: Garneau sounds – pretty much like he always does. He seems to be setting himself up as the Serious Candidate with Serious Policies. #LPCldr

@SusanDelacourt: Now @joycemurray, welcoming everyone in her role as only West Coast candidate. Says her vision is a sustainable Canada. #lpcldr

@jianghomeshi: Trying to watch #LPCldr debate but audio still out of sync with candidates mouths. Risks becoming an unfortunate metaphor.

@AllanRobb: For those wanting to tune into the #lpcldr #Liberal leader's convention, there are great deals on #dialup modems online. #relevant? #cdnpoli

metro

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SCENE 2

Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"

Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

Actor Tim Kang has finally 'got it'

STEPHEN ERAMO
scene@metronews.ca

Actor Tim Kang chuckles when asked about his first professional experience in front of the camera. "It was awful. I played a med tech on a daytime soap and ran into the scene pushing a stretcher. I had one line, something like, 'I've got it,' and, man, oh, man, was I nervous. I had never been on a film set before and was about as green as you could be in the business. I made it through it, though, and can now look back on it fondly, and, in retrospect, laugh about it."

Fortunately, those initial jitters did not get the best of Kang. He went on to appear in a number of stage, feature film and TV roles, including his current series regular gig as Special Agent Kimball Cho in the police procedural drama The Mentalist. Like many TV characters, this one went through some changes prior to the show going into production.

"In the pilot script, Bruno Heller (series creator/executive producer) had really fleshed out the characters to the point where you could sink your teeth into your role and go with it," explains Kang.

"However, he also left a considerable amount to us to kind of craft our own characters and not be totally beholden to his 'creation.'

"Initially, my character's name was Kendall instead of Kimball. He was a family man with kids and a bookworm, but we decided to nix the family thing and make him more of a loner.

Tim Kang is Kimball Cho in The Mentalist. HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The Star Trek director and Lost co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter.

Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book Cycle of Lies: The Fall of Lance Armstrong, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

Daniel Radcliffe

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his Kill Your Darlings co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting cosy and even sharing a kiss with Darke, according to People magazine.

One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while but have been debating going public."

Twitter

@MalinAkerman
At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth
When does the gurgling, nasuea end.

@EmWatson
Rooney Mara seems so cool. #vogue

@SethMacFarlane
If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

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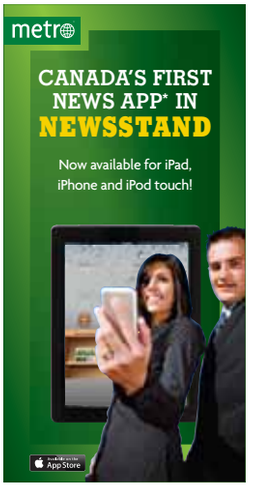

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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on
Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts
Going to the playground isn't an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books
Cuddling up with your kids to read books is a great way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. NEWS CANADA

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON
Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy
Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right
With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself
While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.

Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book. ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.

Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six- and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups — notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

Cut the fat with garlicky, spicy Potato Wedge Fries

ROSE REISMAN
for more, visit
rosereisman.com

These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown. One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

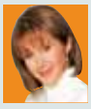
5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

Healthy eating

Choose it and lose it



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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat
Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.

Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat
This may not be nutritious, but in terms of calories and fat it's a much better choice.

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Master soft skills in the modern market

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YLVA VAN BUUREN
careerbear.com

Quit barking over your work buddies and take a moment to lend them your ear. ISTOCK

OK, you know there are certain tangible skills — called hard skills — you need to do any job.

But there's also a huge need today for soft skills, says Sandra Boyd, principal of career solutions with Knightsbridge, a human capital solutions firm. She says everyone needs to engage effectively with customers, clients or colleagues across an organization.

Soft skills refer to the personal qualities, habits, attitudes and even manners that you bring to the workplace. Companies value soft skills and often see them as just as important to job performance as hard skills.

Oral and written communication

Whether your job requires you to write short memos or lengthy reports, it's important to explain your ideas and projects clearly. And your spelling and grammar must be impeccable! Presentation skills — formal and informal — are also critical. At the same time, you need good oral communication skills too. "You need to be able to communicate across the organization and present information," says Boyd.

Listen up

Good listening skills make you more productive and help you get along with others. Listening also shows depth of understanding, friendliness and respect for feelings — and that's important too. How do you learn to listen? Stop talking and/or taking over discussions.

Networker extraordinaire

Networking is key in today's workplace — within the company you work for as well as outside. Networking is about building mutually beneficial relationships and talking to people about topics that are of interest to both of you.

"One of the things we do regularly with people either going through a career transition or being coached is help them develop those interpersonal skills," says Boyd. The network you build will help you throughout your working career.

Team player

Lone wolves need not apply. That's a standard approach these days in hiring circles. And it doesn't take research to show how important it is for employees to work cooperatively with others and to contribute to the group with ideas and effort.

Stay current

Nothing dates a person faster than a flip-phone or no cellphone at all. Keeping up-to-date with technology is important, whether it's using a smartphone or knowing how to use Outlook Calendar.

At the same time, employers increasingly use social media such as LinkedIn to gather information about potential employees — and they may not take you seriously if you aren't there, says Boyd.

Loud and clear

"You need to be able to communicate across the organization and present information."

Sandra Boyd
Principal of career solutions with Knightsbridge

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The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Graham Hawryluk PROVIDED

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.

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LIVE, WORK, PLAY ... SMOKE-FREE

Smoke-free places help protect people from second-hand smoke, prevent smoking uptake and help support individuals trying to quit smoking and stay smoke-free.

In Canada, the wave that brought smoke-free workplaces at the start of millennium changed the way we view smoking and highlighted the impact our everyday environment has on our health. Now, indoor and outdoor environments are recognized for their impact on health: Many places are implementing smoke-free parks and beaches and families are making their homes smoke-free … with strong support from family members who smoke.

Tobacco addiction is powerful. For the average Canadian who smokes, taking a drag off their cigarette will be their most common behaviour on any given day (other than blinking). This is why it's so important to provide support when creating smoke-free spaces — otherwise, those who smoke will just experience frustration and disappointment.

For many, it can be hard to quit smoking, but the vast majority who are successful do it on their own. Creating spaces where smoking is not allowed actually supports people in their efforts to quit smoking and empowers them to choose when and how they quit. Surveys continue to show that the majority of Canadians who smoke would like to quit.

COMSTOCK IMAGES/THINKSTOCK

Establishing smoke-free places, whether as a family, a community, an organization or through government legislation and policy, creates one component of a comprehensive tobacco control strategy that sets the stage for a healthier Canada.

Tobacco is truly a "buy now, pay later" product.

It is well-established that the deadliest health consequences from smoking occur years after a person starts smoking. But even those who started smoking recently are more prone to respiratory problems and infections, and require more sick days. For those considering surgery, smoking also complicates the healing process.

Tobacco is still the leading preventable cause of disease and death in Canada, killing 37,000 Canadians annually. Direct health-care costs alone from tobacco exceed $4.4 billion per year, and total economic costs are greater than $17 billion per year.

For every premature death caused by tobacco, there are at least 20 people living with a tobacco-related illness.

Research continues to show that comprehensive tobacco control programs change smoking behaviour at the population level and alter social environmental factors that influence smoking. The health crisis caused by tobacco products demands a strong nationwide response to prevent and reduce tobacco use and exposure.

There are hundreds of organizations, health units, health authorities and individuals who use National Non-Smoking Week as an opportunity to support those who are trying to break their addiction to tobacco products and live a smoke-free life.

Quitting takes practice, so practice often. It's worth it when you are able to live, work and play smoke-free.

– Bob Walsh, executive director, Canadian Council for Tobacco Control

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WHL

Slumping Giants shut out by Silvertips

The Vancouver Giants lost their fourth straight game, dropping a 4-0 decision to the Everett Silvertips at the Pacific Coliseum Sunday evening.

Joshua Winquist scored three times and added an assist for the Silvertips, while goaltender Daniel Cotton stopped all 31 shots he faced for the shutout.

Payton Lee, 16, stopped 18 of 22 shots in the loss. He was tested only three times in the third period but allowed two goals as the Silvertips notched a pair of insurance goals.

The loss capped off a stretch of four games in five days for the Giants. They won't be in action again until Friday, when they visit the Victoria Royals for a two-game weekend set in the provincial capital. METRO

AHL

Heat continue to roll vs. Admirals

Barry Brust made 30 saves Sunday as the Abbotsford Heat shut out the Milwaukee Admirals 2-0 in AHL action on Sunday.

Brust picked up his fourth shutout of the season and snapped a personal five-game winless streak.

Krys Kolanos and Brett Carson scored for Abbotsford (21-12-7), which has won four straight.

Magnus Hellberg stopped 21 shots for Milwaukee (17-16-6). Hellberg has not won since Dec. 12, a span of six games.

Kolanos opened the scoring for the second night in a row on a similar play. Coming down the left wing, the Heat forward brushed off a defenceman, used a power move to get to the net and slid the puck under Hellberg for his 11th of the year at 6:15.
METRO

Edmonton Oiler Ales Hemsky scores against Vancouver Canucks goalie Roberto Luongo in the shootout on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Canucks let lead slip away vs. Oilers

NHL. Vancouver manages one point of a possible four on opening weekend

CAM TUCKER
cam.tucker@metronews.ca

Sunday's game

3	2
Oilers	Canucks

The Vancouver Canucks took a step in the right direction, at least according to head coach Alain Vigneault, but two points eluded them.

The Canucks let slip a two-goal lead and eventually lost 3-2 in a shootout to the Edmonton Oilers Sunday night at Rogers Arena, capping off the season-opening weekend with one point out of a possible four.

Sam Gagner and Ales Hemsky scored on Canucks goalie Roberto Luongo in the deciding breakaway competition, while Alex Burrows and Alex Edler were both unsuccessful in their attempts for Vancouver.

The Canucks had numerous chances to put the Oilers away, but couldn't. Two third-period power-play opportunities proved unsuccessful, which kept the upstart Edmonton team in the game. The Canucks ended the night 0-for-5 on the power play.

And Hemsky made the Canucks pay. He scored on an Edmonton man advantage with 5:55 remaining in the third period to tie the game, his wrist shot beating Luongo stick side.

"It was really disappointing," said Canucks captain Henrik Sedin.

"I thought we played well enough to win this game. Our power play's got to step up though. We were up 2-1 in the third, we had two or three power plays in a row. We've got to score there."

Edler opened the scoring just past the midway point of the third period. He bolted up the ice then let go a cannon slap shot from about 40 feat out that beat Oilers goalie Devan Dubnyk.

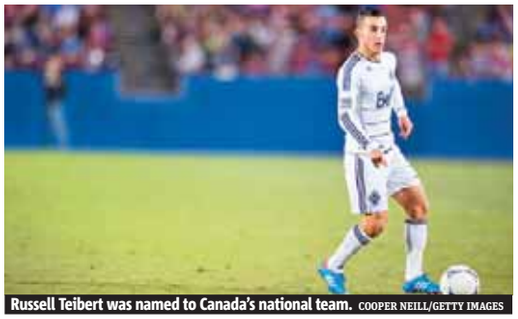
Zack Kassian, who earned playing time with the Sedins twins — Daniel and Henrik — Sunday, gave the Canucks a 2-0 lead late in the second period.

Kassian was the recipient of a beautiful behind-the-back backhand pass from Daniel that he hammered past Dubnyk.

Cue the comeback. And Jordan Eberle got it started.

From the bottom of the left faceoff circle, Eberle beat Edler to the outside then snipped a backhander over the left shoulder of Luongo with three seconds remaining in the second period.

Whitecaps set to get back to training



Russell Teibert was named to Canada's national team. COOPER NEILL/GETTY IMAGES

The Vancouver Whitecaps kicked off training camp for the upcoming Major League Soccer season with physicals Sunday. They'll hit the pitch Monday.

The Whitecaps will be on the field all week at Burnaby Lake West, before departing for the warmth of Casa Grande, Ariz., for a nine-day camp. The local club leaves next Monday.

A total of 35 players are on the pre-season roster, including third-year veteran midfielder Russell Teibert, who was named to Canada's men's national team roster for its 11-day camp in the U.S.

Canada's roster includes 22 players from across the country, and, according to the Canadian Soccer Association, the average age is just under 25 years of age, the youngest national squad to be assembled in seven years.

Teibert, 20, is not the only Canadian absent from Whitecaps camp. Andrés Fresenga, Evan James and Simon Thomas are all on trial with the Vancouver side, but are also away on international duty. METRO

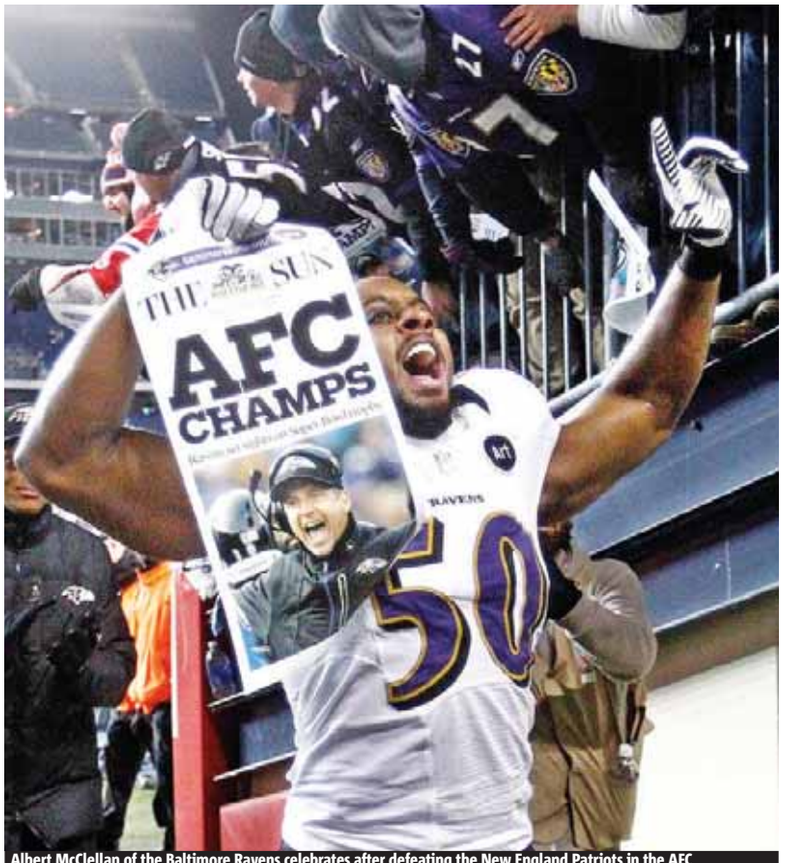
Exhibition action

In addition to training, the Whitecaps will play a pair of exhibition games while in Arizona.

- The Whitecaps take on the New England Revolution on Jan. 29 and the Houston Dynamo — the runner-ups in last season's MLS Cup final — on Feb. 2.

4 SPORTS

Brother vs. brother: Harbaughs to clash for championship



Albert McClellan of the Baltimore Ravens celebrates after defeating the New England Patriots in the AFC Championship on Sunday in Foxborough, Mass. JIM ROGASH/GETTY IMAGES

Super Bowl setup.
Ravens set up title date with 49ers with family pride on line for coaches

Oh, brother!

John Harbaugh and his Baltimore Ravens set up a family reunion at the Super Bowl, shutting down the New England Patriots 28-13 on Sunday in the AFC championship game.

The Ravens reached their first Super Bowl in 12 years, thanks to three touchdown passes from Joe Flacco and a defence led by Ray Lewis that made Tom Brady look downright ordinary.

Next up for Harbaugh and the Ravens is younger brother Jim and the San Francisco 49ers, who beat Atlanta 28-24 earlier in the day for the NFC title.

"I don't know if we had a dream this big," John Harbaugh said. "We had a few dreams, we had a few fights, we had a few arguments — just like all brothers."

They'll meet in two weeks in New Orleans — what a place for a party to celebrate the first brother-vs.-brother coaching matchup in Super Bowl history.

It also will be quite a last game for Lewis, the emotional linebacker who will retire after the matchup with the 49ers, who opened as a five-point favourite.

"This is our time. This is our time," said Lewis, who made 14 tackles on Sunday and has 44 in three post-season games after missing 10 weeks with a torn right triceps.

Driven by Lewis' pending departure from the NFL, Baltimore's defence stepped up in the playoffs. Brady was 67-0 at home when leading at half-time, but this was no contest in the second half.

It also was a first for the Patriots, who hadn't lost an AFC championship at home.

After they had avenged last year's AFC title game loss at Gillette Stadium, many of the Ravens gathered on the field jumping, chest-bumping and whooping before several thousand fans.

As in the previous two playoff wins against Indianapolis and Denver, the Ravens (13-6) were brilliant offensively in spots. This might be 17-year-veteran Lewis' team, but it's also Flacco's, and the QB's six road wins are the most in playoff history.

"It was pretty awesome," Flacco said. "We were here last year and thought we had it, but came up a little short. We put pressure on them like that, and it worked pretty well."

THE ASSOCIATED PRESS

Quoted

"We've lost before. It takes a while to get over."

Patriots quarterback Tom Brady

Nash sees big picture amid Lakers' struggles

Steve Nash took a pass at the high post, streaked past a couple of Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead, his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal. Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if the Lakers situation didn't happen," Nash said on Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

Raptors guard Jose Calderon, right, drives to the basket on Lakers counterpart Steve Nash in Toronto on Sunday. RENE JOHNSTON/TORSTAR NEWS SERVICE

Quoted

"I think that's one of the things that I maybe didn't expect is that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg, but has been effective since his return. Nash scored 16 points and added nine assists on Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season. They've had three different head coaches this season. The roster is loaded with superstars including Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	13	.658	1
Indiana	25	16	.610	2½
Brooklyn	24	16	.600	3
Chicago	23	16	.590	3½
Atlanta	22	18	.550	5
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	23	.425	10
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	30	.250	17
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	9	.780	—
L.A. Clippers	32	9	.780	—
San Antonio	32	11	.744	1
Memphis	26	13	.667	5
Golden State	24	15	.615	7
Denver	25	18	.581	8
Utah	22	19	.537	10
Portland	20	20	.500	11½
Houston	21	21	.500	11½
Minnesota	17	20	.459	13
Dallas	18	24	.429	14½
L.A. Lakers	17	23	.425	14½
Sacramento	16	25	.390	16
New Orleans	13	27	.325	18½
Phoenix	13	28	.317	19

Sunday's results
Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Detroit 103 Boston 88
Denver 121 Oklahoma City 118 OT
Saturday's results
Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 3-4 5, Morris 1-1 0-0 2, Duhon 0-1 1-1 1. Totals 38-88 18-21 103.
TORONTO (108)
Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers	**20**	**29**	**21**	**33 —103**
Toronto	**29**	**24**	**30**	**25 —108**

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhon 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).
Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhon 2, Howard 2, Nash 1, Sacre 1). Toronto 40 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1). **Assists**—L.A. Lakers 20 (Nash 9). Toronto 27 (Calderon 9).
Total Fouls—L.A. Lakers 15, Toronto 22.
Attendance—19,800 at Toronto. T—2:15

GOLF

PGA — HUMANA CHALLENGE

At La Quinta, Calif.
Par 72
Final round

Brian Gay, $1,008,000	67-66-67-63—263
Charles Howell III, $492,800	67-65-67-64—263
David Lingmerth, $492,800	68-64-69-62—263
James Hahn, $246,400	63-67-72-62—264
Scott Stallings, $246,400	66-65-63-70—264
Also:	
Stephen Ames, $22,400	**67-68-68-68—271**
Brad Fritsch, $11,424	**69-65-71-70—275**
Graham DeLaet, $11,424	**71-70-65-69—275**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results
NFC — San Francisco 28 Atlanta 24
AFC — Baltimore 28 New England 13

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern
At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	1	0	1	0	1	2	0
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Boston	1	1	0	0	3	1	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	1	1	0	0	6	3	2
Washington	1	0	1	0	3	6	0
Winnipeg	1	0	1	0	1	4	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	1	1	0	0	6	0	2
Chicago	1	1	0	0	5	2	2
Columbus	1	1	0	0	3	2	2
Nashville	1	0	0	1	2	3	1
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	2	2	0	0	5	2	4
Edmonton	1	1	0	0	3	2	2
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0
Vancouver	2	0	1	1	5	10	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	2	1	1	0	4	4	2
Phoenix	1	0	1	0	3	4	0
Los Angeles	1	0	1	0	2	5	0

Sunday's results
Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh 6 NY Rangers 3
Dallas 1 Minnesota 0
Edmonton 3 Vancouver 2 (SO)
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

♉ Taurus
April 21 - May 21
Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

♊ Gemini
May 22 - June 21
There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

♋ Cancer
June 22 - July 23
Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

♌ Leo
July 24 - Aug. 23
There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

♍ Virgo
Aug. 24 - Sept. 23
It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

♎ Libra
Sept. 24 - Oct. 23
You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

♏ Scorpio
Oct. 24 - Nov. 22
Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

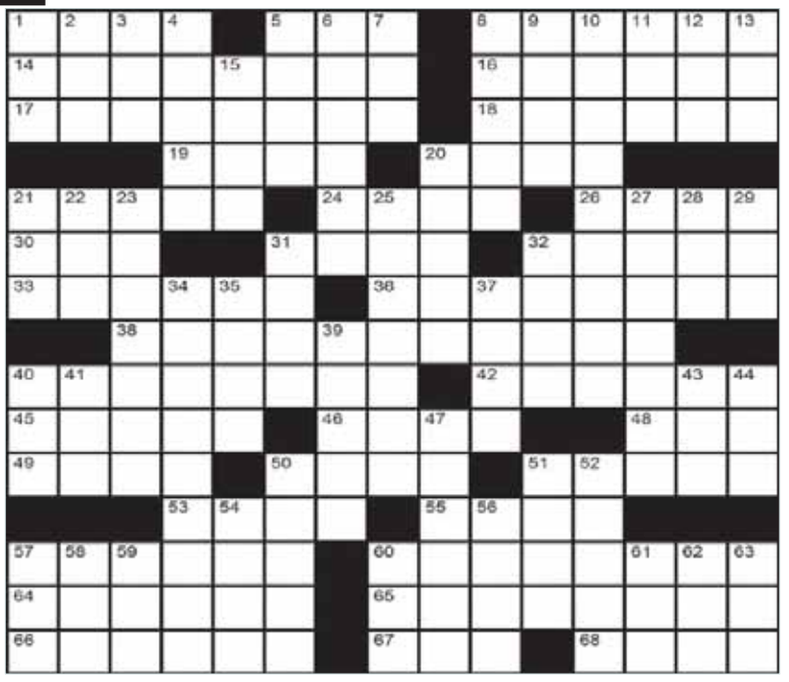
♑ Capricorn
Dec. 22 - Jan. 20
Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

♓ Pisces
Feb. 20 - March 20
You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. SALLY BROMPTON

Crossword: Canada Across and Down

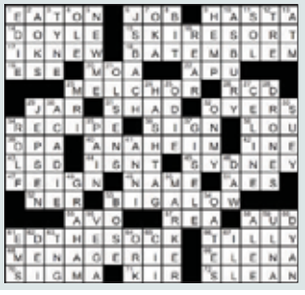
BY KELLY ANN BUCHANAN



Across
1. "Mr. Holland's __" (1995)
5. Son of Atticus in To Kill a Mockingbird
8. CBC series, "__ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. __ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. _ __ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim __
33. Switch sort
36. Newfoundland and __
38. Barenaked Ladies tune: 4 wds.
40. __ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "__ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy __
53. Unruly crowds
55. Zen riddle
57. Puccini opera, __ Butterfly
60. Canadian puppets, Casey and __
64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape

Down
1. Mantric syllables
2. "Heart and Soul" by T'__
3. Vase
4. Sashay
5. Stewart and Lovitz
6. "The Great __" (1963)
7. Ms. West
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 __
11. Boxing stat.
12. "Canada AM" co-host, Marci __
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love __"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack __
51. Canadian writer Mr. Martel
52. _-__-to-know basis
54. Mr. Sharif
56. "Don't bet __!": 2 wds.
57. Montreal Mrs.
58. __-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. __-advised

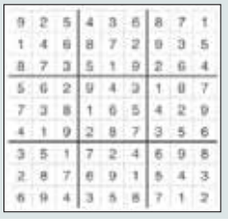
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



	3		8		2		4	
6			1		5			9
	7			9			3	
		8				4		
4	6						2	1
		7				5		
	9			6			1	
1			2		9			3
	2		3		7		5	

Today
4°/-1°
Mainly sunny
Tuesday
7°/4°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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JANUARY HOT BUYS SALES EVENT

Danby Silhouette

Under Cabinet Range Hood

Model: DUHC3015SSL / DUHN3615SSL
Color: Stainless Steel

Available in 30" & 36" Width

MSRP $599

SALE PRICED **$299**

Danby Silhouette

30" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH30X15SST
Color: Stainless Steel

MSRP $599

SALE PRICED **$399**

Danby Silhouette

30" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH3015SST
Color: Stainless Steel

MSRP $599

SALE PRICED **$399**

Danby Silhouette

36" Wall Mount Chimney 500 CFM Range Hood

Model: DWRH3635SST
Color: Stainless Steel

MSRP $799

SALE PRICED **$499**

SAMSUNG

1.8 Cu. Ft. Over-the-Range Stainless Steel Microwave

Model: SMH1817S

MSRP $399

SALE PRICE **$349**

☐ Subtract $50 for White

FRIGIDAIRE

1.6 Cu. Ft. Over-The-Range Microwave

Model: CPMV1652LM
Color: Silver Mist

MSRP $399

CLEARANCE **$199**

FRIGIDAIRE

20.6 Cu. Ft. Top Freezer Refrigerator

Model: FFHT2120LS
Dimensions: 29.5" W x 69" H x 34.25" D
Color: Stainless Steel

MSRP $949

CLEARANCE **$529**

SAMSUNG

21.6 Cu. Ft. French Door Refrigerator

Model: RF220NCTASR/AA
Color: Stainless Steel
Dimensions: 30" W x 65.4" H x 34" D

MSRP $1599

SALE PRICED **$1199**

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moffat

3.5 Cu. Ft. Top Load Washer

Model: MTAP1200GWW
Color: White

MSRP $499

SALE PRICE **$399**

GE

GE Wall Mount Electric Dryer

Model: PCXE43EBRWW
Color: White

MSRP $549

SALE PRICED **$399**

GE

20.2 Cu. Ft. Top Mount Refrigerator

Model: GTR20GAZRWW
Color: White
Dimensions: 29.8" W x 66.7" H x 32.5" D

MSRP $649

SALE PRICED **$499**

SAMSUNG

22 Cu. Ft. Bottom Freezer Refrigerator

Model: RL22D8NCTASR
Color: Stainless Steel
Dimensions: 29.8" W x 66.4" H x 34" D

MSRP $1499

SALE PRICE **$1299**

FRIGIDAIRE

30" Freestanding Electric Range

Model: CFEF3012LW
Color: White

MSRP $499

SALE PRICE **$399**

DeLonghi

24" Gas Cooktop

Model: CCT624
Color: Stainless Steel

MSRP $899

SALE PRICE **$799**

DeLonghi

24" Wall Oven (Gas or Electric)

Model: CB624 or CE624
Color: Stainless Steel

GAS SALE PRICE **$1499**

ELECTRIC SALE PRICE **$1599**

DeLonghi

30" Dual Fuel Range w/ 17,000 BTU Burner

Model: QEFSGE304CSS
Color: Stainless Steel

BUY THIS RANGE & GET A FREE HOOD

MSRP $3299

SALE PRICE **$2299**

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moffat

30" Freestanding Electric Range

Model: MCBS623RWW
Color: White

MSRP $429

SALE PRICE **$329**

SAMSUNG

4.3 Cu. Ft. Steam Washer & 7.3 Cu. Ft. Steam Dryer

Models: WF331 / DV331
Color: White

MSRP $1799

PAIR SALE PRICE **$1499**

SAMSUNG

4.0 Cu. Ft. Washer and 7.3 Cu. Ft. Electric Dryer

Models: WF210ANW/DV210AEW
Color: White

MSRP $1499

PAIR SALE PRICE **$1299**

HANDY INSTALLATION

At Handy, we provide your one-stop appliance installation solution. We will deliver your new appliance to your house for installation. Qualified Handy installers will then disconnect and remove your old appliance, and prepare the site for your new appliance. We will even modify your cabinets, countertops and fittings to suit if required. We will then unpack your new appliance, and install it safely and professionally. Your home will be left clean and rubbish-free, and we will give you a demonstration of how your new appliance works.

*Additional charges apply for installation of appliances, see in store for more info.

Looking to replace your fridge water filter?

Buy 1 and Get 50% OFF the second one!

Expires January 31, 2012

21.7 Cu. Ft. Chest Freezer

** Only 2 Available **

FREIGHT DAMAGED UNIT **$499**

Sales • Service • Parts

HANDY APPLIANCES LTD

Conveniently Located at:
705 E 17th Ave
(Corner of Fraser & 17th)
Vancouver, British Columbia

Hours of Operation

Monday To Friday	8:00AM - 5:30PM
Saturday	9:00AM - 4:00PM
Sunday	Closed

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WE SELL, SERVICE, & INSTALL APPLIANCES. AND WE SELL APPLIANCE PARTS!